



INSTRUCTIONS AFTER GYNECOMASTIA CORRECTION

1. You will be given a garment to wear after your procedure. You should wear this night and day, except to shower, for the first month.
2. During the first few days after surgery, keep your head and shoulders elevated to help reduce swelling. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good night's rest.
3. Shower daily to keep your incisions clean. TAKE OFF ALL YOUR DRESSINGS AND LET SOAP (PREFERRABLY ANTI-BACTERIAL) RUN OVER YOUR INCISIONS.
4. Once you are discharged after your operation, go home and take a 2 hour nap. Wake up and try to enjoy the rest of your day. There is no need to stay in bed all day.
5. Later in the day, after your surgery, you should shower. Raising your arms above your head will exercise your chest muscles and reduce stiffness associated with surgery.
6. GO OUT TO DINNER, with assistance, the evening of your surgery. For example, if your operation is on a Tuesday morning, go out to dinner Tuesday night. DO NOT drive yourself.
7. If needed, you may use gauze dressing to protect your clothing from drainage. This dressing should be changed daily.
8. It is normal to experience swelling and bruising of the breasts and upper abdomen. Other normal findings are:
 - Discomfort in the chest and upper abdomen for two to three weeks
 - Areas of numbness on the nipples and breast skin for up to six months
 - A small amount of drainage from the incisions during the first few days
 - Redness of the surgical scars for about three to six months after surgery (This will slowly fade)
9. Please call Dr. Kaplan at the first sign of:
 - Excessive (severe) pain and/or swelling
 - Redness, drainage, or odor from the incisions
 - Fever or chills

- **Shortness of breath**

10. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
11. Usually there are no sutures to be removed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time